

OCTOBER

BEHAVIORAL HEALTH  
WELLNESS SHORTS

# Overcoming FEARS

## WHAT IS FEAR?

**Fear is one of the most basic human emotions and we all experience this emotion to some extent.** It is programmed into the nervous system and works like an instinct. From the time we're infants, we are equipped with the survival instincts necessary to respond with fear when we sense danger or feel unsafe.

Fear helps protect us. It makes us alert to danger and prepares us to deal with it. **Feeling afraid is very natural — and helpful — in some situations.** Fear can be like a warning, a signal that cautions us to be careful.

**BUT IN OTHER CASES, FEAR CAN KEEP US FROM ACHIEVING OUR GOALS AND LIVING OUR LIVES TO THE FULLEST.**

Here are **10 of the most common fears that hold us back** from being the best and most free version of ourselves as well as action steps to help you overcome them...

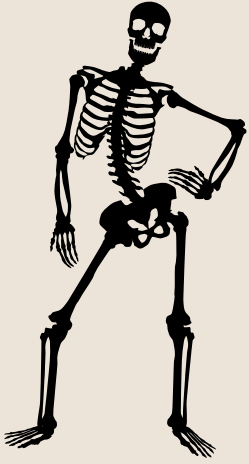


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## 01. FEAR OF FAILURE

You can learn where this fear starts by figuring out the root. By acknowledging and addressing these internal concerns, you can begin a healing process and overcome your fear of failure.

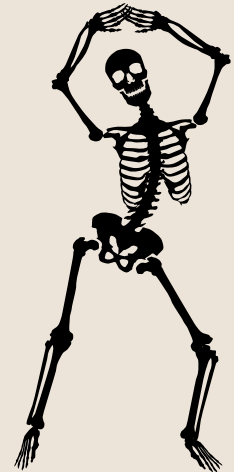


## FEAR OF SUCCESS 02.

Find your intrinsic motivation so that it helps you focus on your goals and be successful. This is not being motivated through rewards but rather enjoying the activity as it is and by this, it encourages you in doing it.

## 03. FEAR OF LOSS

Break down each worst-case scenario. Get to the root of your fear of loss and come up with different action items that can help you navigate the worst-case scenario if it were to come true.



## FEAR OF BEING JUDGED 04.

Draw your power from inspiration and learn from other people by reading about their success stories. The chances are, they also feared being judged as well.

## 05. FEAR OF LOSING OUR IDENTITY

Create a list of defined core values that will help you stay true to yourself no matter the situation. Start by choosing five.

## 06. FEAR OF LOSING CONTROL

If you don't want to lose control, plan ahead. Knowing your next step before even making them prepares you for things that you expect and things you might not even expect.



## FEAR OF TIME 07.

Try removing things that eat up your time. There are so many things going on in our lives and most of them are just distractions. Focus on the things that matter most and delegate tasks.



## 08. FEAR OF WHO YOU REALLY ARE

Silence your impostor syndrome. It starts by acknowledging that you have your own doubts and then moving towards visualizing your success.



## FEAR OF THE LOSS OF THE KNOWN 09.

Visualize every potential outcome including worst-case scenarios. By doing this, you are giving yourself time to reflect on how to act and react to different situations. You'll notice your worst-case scenarios aren't as bad.



## 10. FEAR OF WHAT'S NEXT

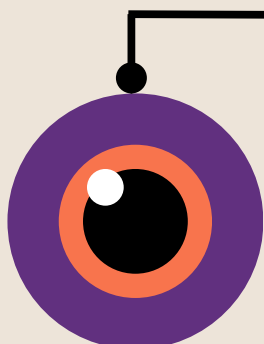
Try writing a list of different things you can control; Set up an emergency savings account despite how the economy may look or update your resume despite the layoffs your company may be experiencing.

Fear is designed to get our attention so that we react. That initial rush of fear is helpful because it could save our lives; however, prolonged fear tends to be draining and is not helpful.

**The task is to face our fears, recognize when fear is useful and when it is not, interpret them in ways that help us to develop and grow stronger.**

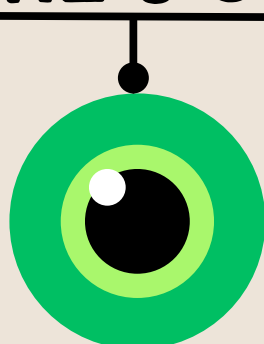
**WHEN DEALING WITH FEAR PAY ATTENTION TO YOUR MINDSET, FOCUSING PARTICULARLY ON THE THREE C'S:**

## THE 3 C'S



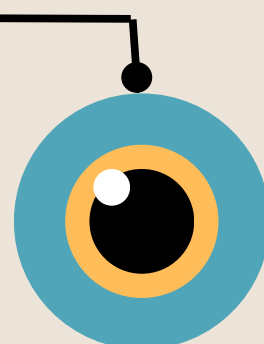
### COURAGE

Just as all of us have fear, all of us also have courage. Courage will be needed to face the fear head-on versus avoid it.



### CURIOSITY

Whenever you recognize you are scared, get curious about what is driving that fear and explore ways to overcome.



### CARING

Whenever you recognize you are scared, get curious about what is driving that fear and explore ways to overcome.

## DID YOU KNOW

SIMILAR TO THE FEAR OF FAILURE, THE FEAR OF SUCCESS KEEPS US FROM GOING AFTER OUR GOALS AND STEPPING OUT OF OUR COMFORT ZONE

**The fear of success involves being afraid of achievement, often to the point that people will sabotage themselves.**

It often causes people to miss out on opportunities, impairs personal development, and makes it more difficult to achieve goals in life.

# FEAR OF SUCCESS CAN MANIFEST IN DIFFERENT WAYS INCLUDING:



## AVOIDANCE

The person may avoid being the center of attention, being praised, or use other avoidance strategies.



## PROCRASTINATION

The person may delay starting or completing a project. As a result, the opportunity may be missed altogether, or the end product may be lackluster.



## PERFECTIONISM

The person may believe they are keeping the bar high. But by holding an impossible standard of perfection, the outcome will inevitably be disappointing.



## QUITTING

The person may find an excuse to quit just before the goal is in sight, over and over again.



## SELF-SABOTAGE

The person may set obstacles in their own way or stay in unhelpful situations.



## SELF-DESTRUCTIVENESS

At its worst, the fear of success may involve self-destructive behavior. Left unchecked, that derails any real opportunity for success.

**IF YOU CAN RELATE TO ANY OF THE ABOVE, IT WOULD BE BENEFICIAL TO EXPLORE WAYS TO WORK THROUGH THESE BEHAVIORS – SO YOU CANNOT ONLY ACHIEVE, BUT ALSO MAINTAIN, ALL OF YOUR GOALS!**

# QUICK TIPS



People tend to avoid the situations or things they fear. But this doesn't help them overcome fear — in fact, it can be the reverse. **Avoiding something scary reinforces a fear and keeps it strong.**

**People can overcome unnecessary fears by giving themselves the chance to learn about and gradually get used to the thing or situation they're afraid of.** For example, people who fly despite a fear of flying can become used to unfamiliar sensations like takeoff or turbulence. They learn what to expect and have a chance to watch what others do to relax and enjoy the flight. Gradually (and safely) facing fear helps someone overcome it.



**HAVE AN INTERNAL CONVERSATION WITH YOURSELF ABOUT WHAT YOUR FEARS ARE STOPPING YOU FROM DOING, AND CONSIDER WHETHER IT'S A PROBLEM THAT YOU NEED TO CONFRONT.**



**CONSIDER THE PROS AND CONS OF NOT FACING YOUR FEAR. WRITE THOSE DOWN.**



**IDENTIFY THE PROS AND CONS OF TACKLING YOUR FEARS HEAD-ON.**



**WRITE DOWN WHAT YOU MIGHT ACHIEVE OR HOW YOUR LIFE MIGHT BE DIFFERENT IF YOU OVERCOME YOUR FEAR.**



**READ OVER THE LISTS TO MAKE A CLEARER DECISION ABOUT WHAT TO DO NEXT.**





# FEAR HAS TWO MEANINGS:



**FORGET EVERYTHING AND RUN**

OR

**FACE EVERYTHING  
AND RISE!**



**THE CHOICE IS YOURS!**

**BROUGHT TO YOU BY YOUR  
BEHAVIORAL HEALTH ADVOCATES**

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